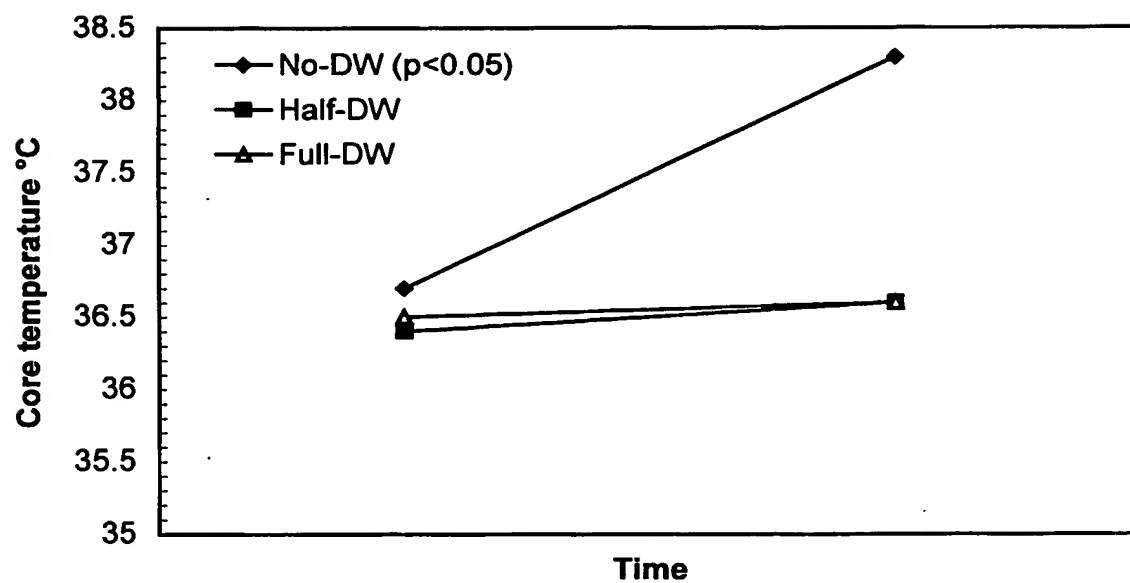


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**Figure 1**

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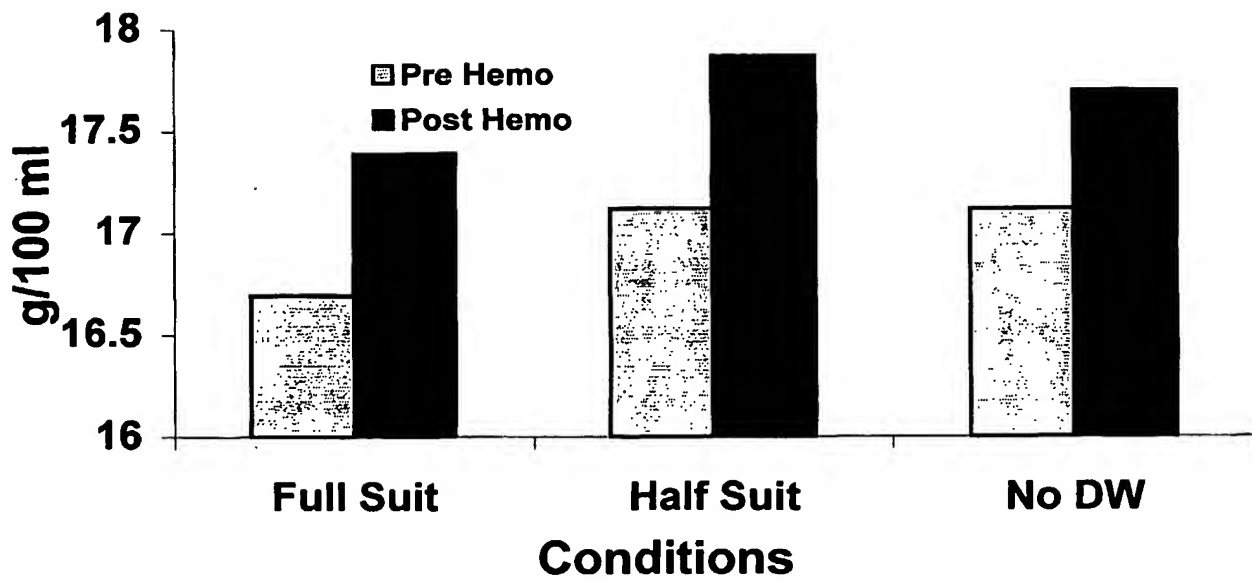
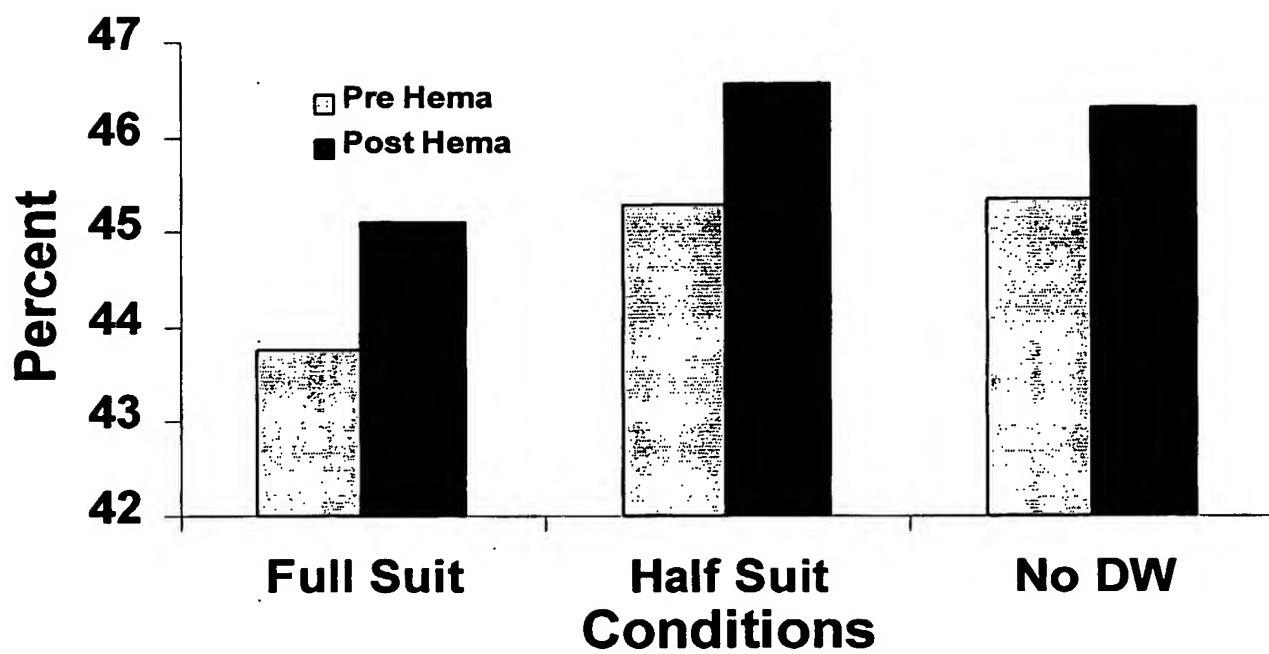


Figure 2

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**Figure 3**

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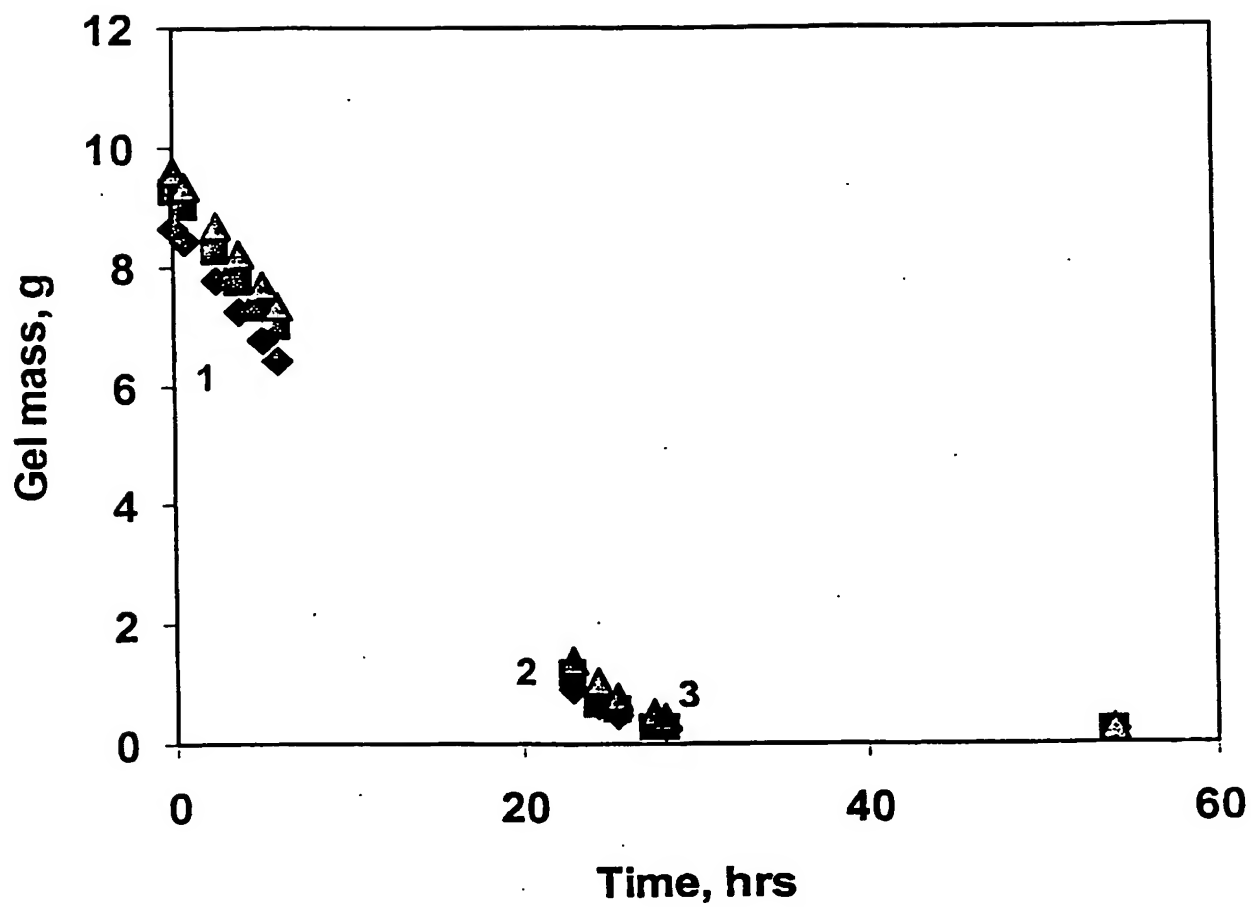


Figure 4

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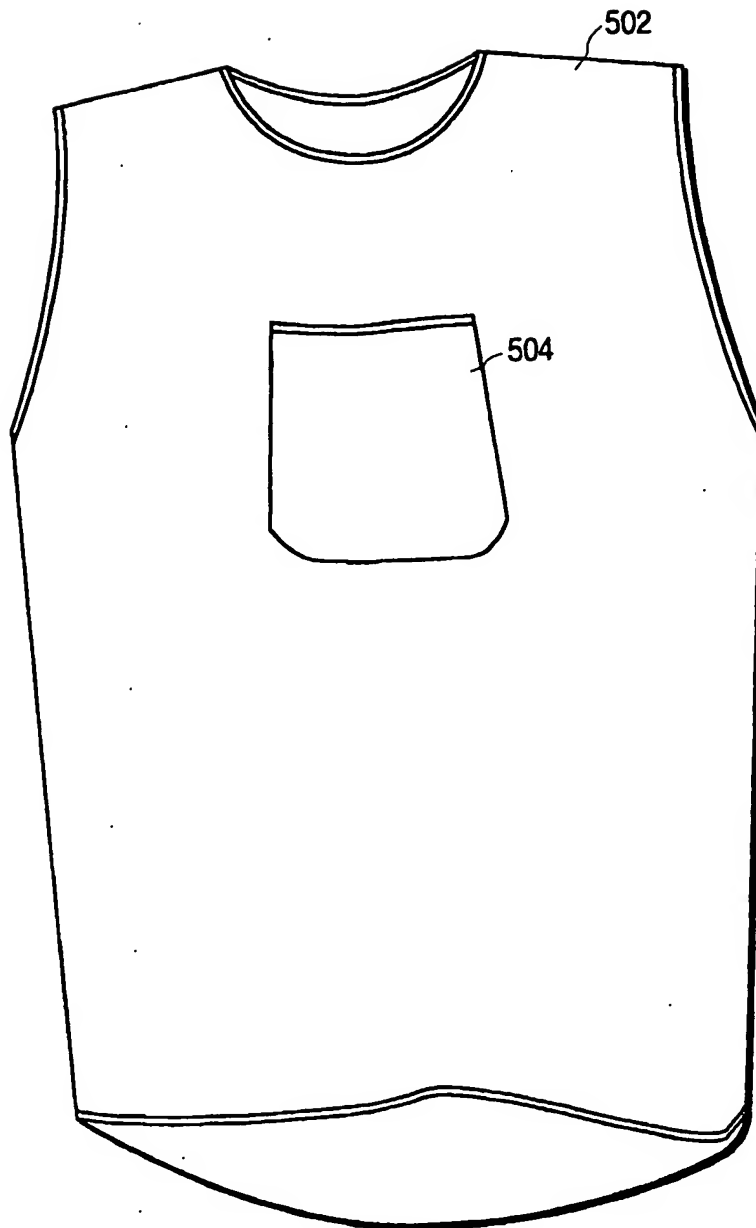


Figure 5

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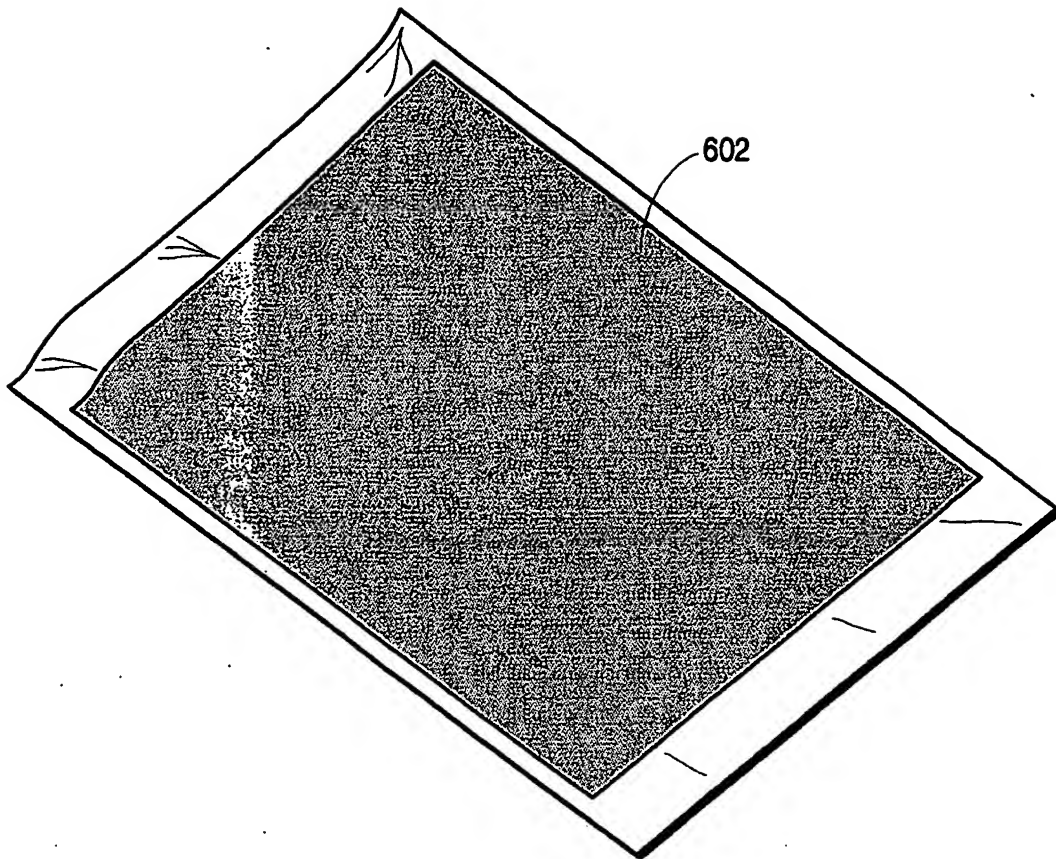
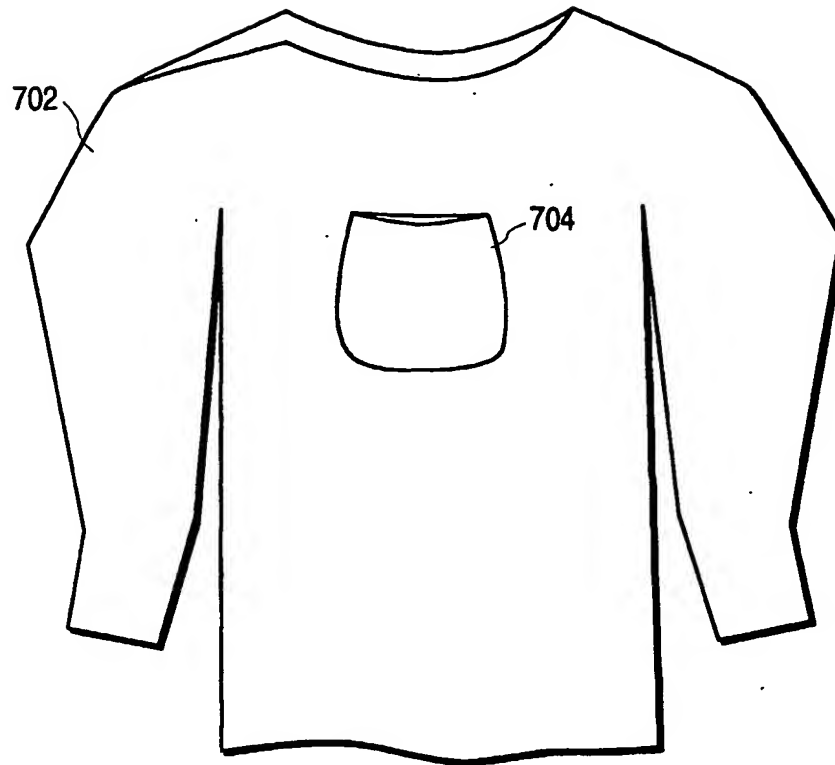
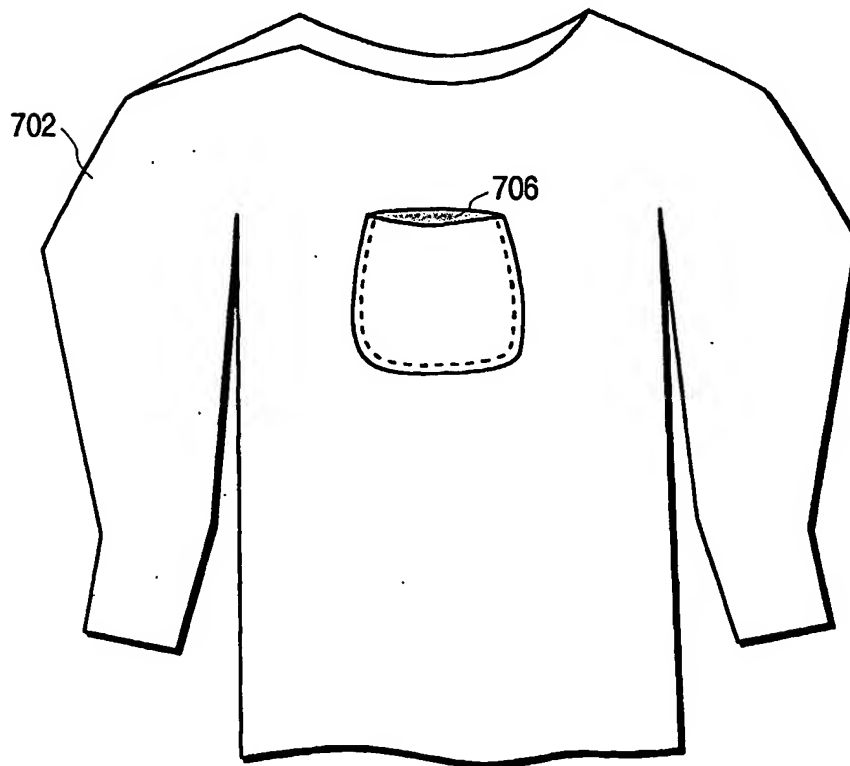


Figure 6

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**Figure 7A****Figure 7B**

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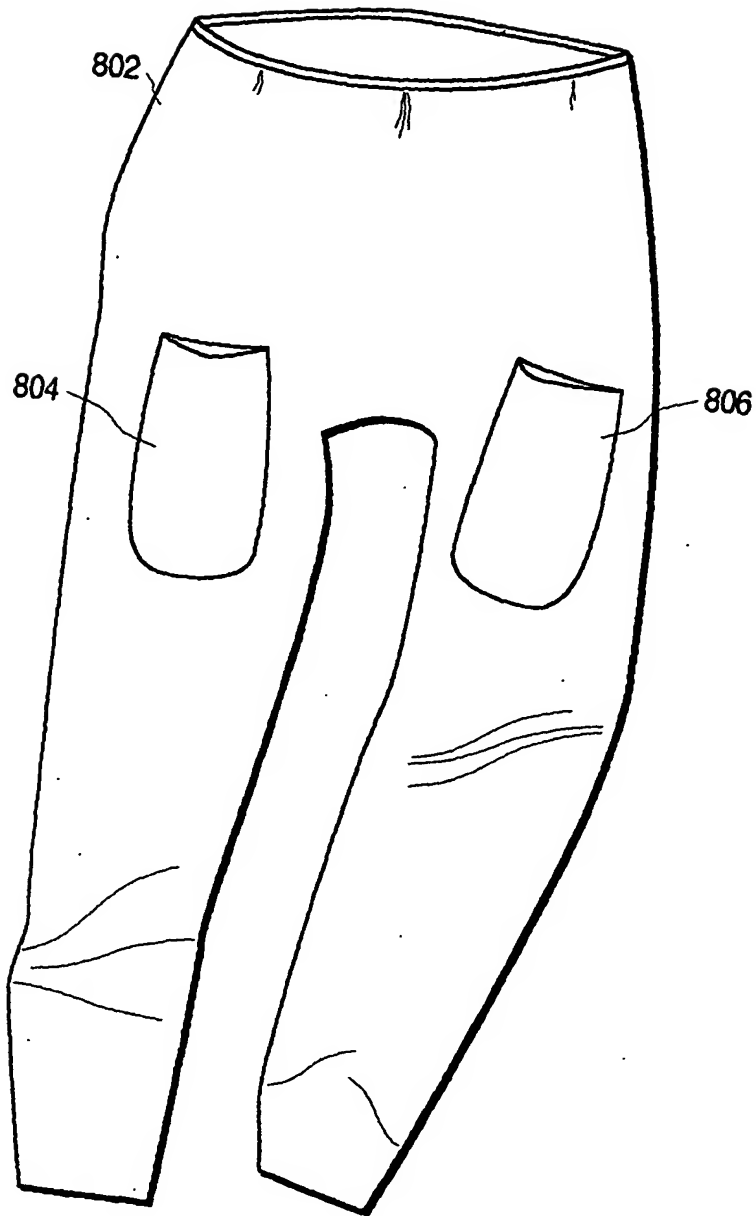


Figure 8

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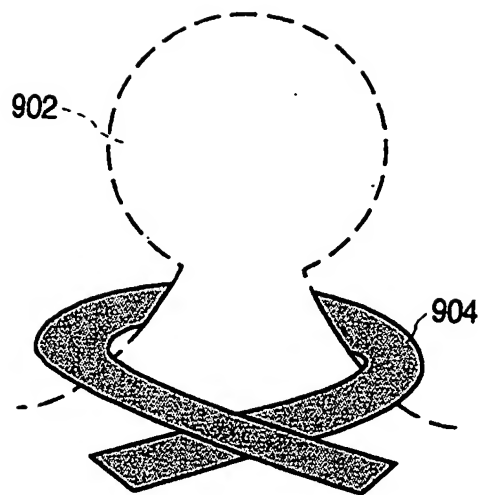


Figure 9A

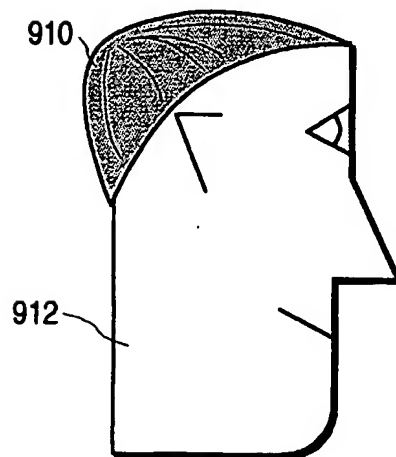


Figure 9B

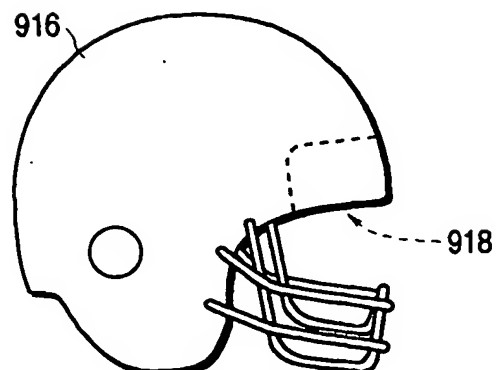
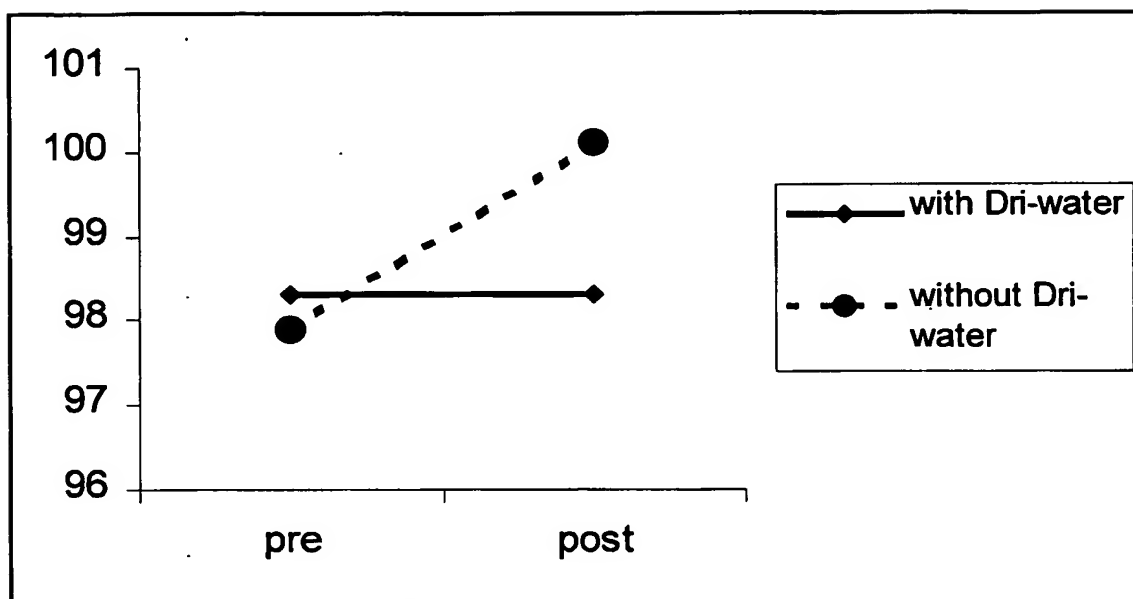


Figure 9C

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**Figure 10**

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Blood Test Results

| | Pre | post | Δ change |
|-----------------------------------|---------------------|---------------------|-----------------|
| <u>Hematocrit</u> | | | |
| Without Dri-water | $46.8 \pm 0.8^{**}$ | $48.7 \pm 0.7^{**}$ | $p < 0.01$ |
| With Dri-water | $45.8 \pm 0.5^{**}$ | $49.8 \pm 0.5^{**}$ | $p < 0.01$ |
| <u>Hemoglobin</u> | | | |
| Without Dri-water | 0.334 ± 0.007 | 0.362 ± 0.007 | $p < 0.001$ |
| With Dri-water | 0.346 ± 0.002 | 0.368 ± 0.003 | NS |
| <u>Total Body Water</u> | | | |
| Without Dri-water | 57.7 ± 2.0 | 59.4 ± 2.1 | NS |
| With Dri-water | 58.0 ± 1.7 | 59.4 ± 1.4 | NS |
| <u>Intracellular Water</u> | | | |
| Without Dri-water | 54.7 ± 2.8 | 62.5 ± 0.5 | NS |
| With Dri-water | 62.6 ± 0.6 | 62.6 ± 0.5 | NS |
| <u>Extracellular Water</u> | | | |
| Without Dri-water | 45.3 ± 2.8 | 37.5 ± 0.5 | NS |
| With Dri-water | 37.4 ± 0.6 | 37.4 ± 0.5 | NS |

** $p < 0.01$ between conditions

Figure 11